

OF DOLPHINS AND OTTERS

by Douglas McDougall

Douglas McDougall, one of our newest Dolphin Energy Club members, spent twenty years in the fields of advertising and publicity. He is currently working on a bachelor's degree in human sciences and has just finished his first year, taking addictions counseling courses at the Nechi Institute, a native-based research facility in St. Albert, Alberta, Canada. Douglas is presently an adult care worker at a homeless shelter in Calgary, Alberta. His desire is to work with dreaming, extending awareness, and using the tools within to become a most interesting entity of the universe. Here, he shares one way of using DEC techniques to support those goals.

"I had a chance to work with a client that no one seems to be able to get through to at the homeless shelter. Even I can't usually understand what he is really saying at any given moment. One night when we rode the bus to the shelter he appeared extremely sad. So I mentally projected some warmth and after we arrived, he seemed to want to communicate that night. That is very unusual for him. It was difficult to do so because he shuts down when others are around, and there are 160 men running around this warehouse facility we use as an overflow site.

"So I exited out to a mat and—without using the DEC exercise—let the experience of sending healing with dolphins in mind include a question: how to help this young man. A dolphin, as large as a small living dolphin, seemed to appear and swim around him. Then it entered his mouth and disappeared. Later that same evening he communicated more clearly and I offered him *METAMUSIC® Gaia*. He listened, passed back my MP3 player, and spoke very clearly: 'Wow! That was great—very relaxing. Where can I go to sleep?'

"A day later, I was feeling a little playful. That is, more than usual. Met an otter playing in the river in Calgary around 2 A.M. She hung around for half an hour. I didn't know any otters lived here. I see many similarities between the two species [dolphins and otters]. The 'free flow' of my experience extended far out beyond the client to the entity that manifests as Otter. The Universe spoke and played with my efforts, as the dolphin and otter do. We all had a great time. The outcome can best be described in one word—joy."

[If you would like to participate in the work of the Dolphin Energy Club, please visit our website]

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